BLUE RIDGE SCENERY AT ITS BEST IN AUTUMN

Luray, Va.- Autumn is the ideal time to visit Virginia's beautiful Shenandoah National Park.

Almost a third of all of the Park's visitors come to the picturesque Blue Ridge Mountain area after Labor Day, according to travel statistics compiled over a period of years.

Each September day brings a noticeable change in the forests that blanket the mountain slopes in the 300-square-mile park and travelers on Skyline Drive this month can see the Fall reds and yellows begin to appear.

In addition, the Park — a cool retreat from hot September days— is conveniently located within easy driving range of the large eastern cities, Virginia's football towns and most of the Old Dominion's historic shrines.

Vacation spots in the Park remain open during the colorful Fall period. Skyland, the largest tourist facility in the Park, will be open until October 29, and Big Meadows, a modern hotel in the Park, will be open until November 5. The service station and dining room at Swift Run Gap will be open until November 12 and the one at Panorama will not close until November 1. Skyline Drive runs along the crest of the Blue Ridge Mountains between Front Royal in the north and Rockfish Gap near Waynesboro in the south.

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arden Talk

By Appomattox Garden Club

talk about the "autumn (Colchicum autumnale) e mentioned when we talk- spring blooming crocuses. the blossoms look like these plants belong to the ily and bloom on bare nnaccompanied by foli- age appears in the spring, may grow a foot or more in and the leaves are wide and green.

orms should be planted as delivered in August, for anxious to bloom by Sep- that they will bloom with- r water if left for a few have placed them in a ow to test their ability to hout being planted, and the pale alvender flowers ly, they were more dele- than those from corms planted soil.

best results prepare the soil as for other bulbs, and plant corms only 3 or 4 inches ave them about 4 or 5 part, if a mass of color is

the blossoms appear as if from the soil, they will about a week and then dis- rgin. When the spring bulbs the foliage of Colchicums ad variety to your garden or This foliage musst be left nature if there are to be in the fall.

olor range of Colchicums is mited, running from white the most delicate tints of e and orchid, to deep purple-

lanning and planting early e varieties, you may have hrough September and Oc- gives you a thrill to see mer, sturdy lavender flowers beneath your favorite r tree. The fall tints and of the leaves seem to en- he fragile beauty of the n crocus." Try a few in your rden or border.

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Sarah Anne's COOKING CLASS

Hundreds of delicious meals may be prepared without meat. When you have a meatless menu, try some of these recipes which star eggs, cheese, fish, salads, vegetables, macaroni, spaghetti or noodles.

Omelet with Spanish Sauce

1 tablespoon chopped onion
8 stuffed olives chopped
3 tablespoons butter
2 cups tomatoes
2 tablespoons sliced mushrooms
1 tablespoon capers
3-4 teaspoon salt and cayenne
4 eggs separated
4 tablespoons hot water
Pepper

Cook onions, olives and green pepper in 2 tablespoons of butter for 5 minutes. Add tomatoes and cook until mixture has almost evaporated. Add mushrooms, capers, 1-4 teaspoon salt and cayenne. Beat egg yolks until thick, add water, remaining salt and pepper. Beat again until thick. Fold in stiffly beaten egg whites. Place rest of the butter in a skillet, heat well. Add egg mixture, cook slowly until firm and browned on bottom. Bake in an oven 350 degrees for 10 to 15 minutes. Place small amount of the sauce on half the omelet, fold and cover with remaining sauce. Serve hot.

Cheese Strata

12 slices day old bread cut in cubes
1-2 lb. American cheese
4 eggs
2 1-2 cups milk
Salt and pepper

Arrange cubes of bread to cover bottom of baking dish. Slice cheese and cover bread with it. Another layer of bread and cheese. Beat eggs, add milk and seasonings. Pour over bread and cheese. Bake in an oven 350 degrees about 50 minutes.

Baked Fish Fillets

1 lb. fish fillets
1 cup milk
1 tablespoon salt
Fine dry bread crumbs
1 tablespoon melted butter or oil

Cut fillets into serving pieces. Combine milk and salt. Dip fish into the milk then into crumbs. Be sure fish is completely covered with the crumbs. Place in an oven platter or a greased baking dish, sprinkle with butter. Brown quickly in an oven 400 degrees 20 to 30 minutes.

Shrimp Creole

2 cups cooked rice
3 onions sliced
4 tablespoons bacon fat
1 bunch celery chopped
1 teaspoon salt
2 tablespoons flour
Pepper
2 teaspoons chili powder
2 cups water
3 cups cooked tomatoes
3 cups peas
1 1-2 tablespoons vinegar
3 cups cleaned cooked shrimp

Brown onion and celery slowly in bacon fat. Blend in flour and seasonings, add water slowly, stirring constantly. Simmer 15 minutes, covered. Add the remaining ingredients and continue cooking 20 minutes. Cover rice with shrimp and serve.

Asparagus Tarts

2 cups cheese sauce
3 cups finely cut cooked asparagus
6 large baked tart shells
2 tablespoons minced parsley
12 strips canned pimiento

Combine cheese sauce and asparagus. Heat thoroughly. Fill the tart shells with the mixture. Garnish with parsley and pimiento.

Baked Eggs With Macaroni

3-4 cup broken macaroni
6 hard boiled eggs
1-2 cup grated American cheese
1 cup condensed cream of mushroom soup
3-4 cup bread crumbs
1 1-2 tablespoons butter

Cook macaroni in salted water about 15 minutes. Drain and rinse. Cut eggs lengthwise into slices and arrange in bottom of buttered baking dish. Cover with macaroni, cheese and soup. Sprinkle with the buttered bread crumbs. Bake in an oven 350 degrees for 30 minutes.

BROKE, BUT HONEST

Los Angeles.- George M. Kandarin, unemployed window - washer, walked into the police station and handed over a woman's purse containing $131. Kendarin, who found the purse at a street intersection, explained to the desk sergeant, "If I had any, I'd want my money returned if I lost it."

SELECTIVE SERVICE WILL CLASSIFY ALL STANDBY RESERVISTS

"The Congress, in its past session, enacted a law placing upon the Selective Service System responsibility of screening the nation's entire standing reserve, both men and women, and the reservists are being mailed questionnaires to be filled out and returned to local boards for use in determining their availability in time of national emergency," Captain Thomas W. White, State Director of Selective Service for Virginia said.

In explaining why the Standby Reservists are receiving these questionnaires, Captain White pointed out some of the problems which faced the standby reservists in years past. He recalled, "In time of emergency the standly reservist had no way of judging if and when he would be called to active duty. This was actually less knowledge than most selective service registrants had in regard to their status, since selective service registrants could find out many things regarding their situation, and also had the opportunity of presenting information to their draft boards (made up of local people), who could take action to reclassify the registrants where circumstances warranted it. The standby reservist meanwhile was trying to judge his vulnerability by watching and listening to news reports. The new law was designed to correct this situation by insuring that each standby reservist would be called to active duty only after full consideration had been given all the facts in his case, as well as the weighing of the effect that his entry on active duty would have on the national health, safety, or interest."

Each standby reservist will be placed in one of three categories, based upon the information in his questionnaire: I-R (available), II-R (deferred for civilian occupation essential to the maintenance of the national health, safety or interest), or III-R (deferred by reason of extreme hardship and privation to dependents).

In time of war or national emergency declared by Congress, this will give the standby reservist a clearer picture of his position as regards his or her recall to active duty.

The standby reservist has the right of appeal if he is not convinced that his category is correct, but continues to have the responsibility to keep his local board informed of any change of address or status.

The program will provide a service not only to the standby reservist who will know his emergency recall status, but the armed services, which will likewise know the availability of their standby reserve pools.

Health and Beauty

Inward Beauty

Some girls and women sit down and bemoan the fact that nature didn't bless them with beautiful skins and lovely noses, curly locks and a Venus-like figure, but we wonder, after all, how much of a handicap it is to be born plain.

When the average "plain" girl looks into her mirror and realizes that she can't remake her nose into what she thinks would be the proper shape, that she can't get a new coating of skin to replace that she already has, then, if she is wise at all, she will realize that there are other beauty lines that she can develop herself along.

After all, you know, there really is something to the time-worn saying, "Beauty is only skin deep."

And as we go through the world and come in contact with those of beautiful features, how often we realize that there isn't much to those people but their beauty. They are often shallow of mind and feelings, depending upon their beauty alone to get them through the world.

Those of us who haven't what we think is our rightful proportion of good looks have to develop our minds and our hearts in order to take our places in the race of life. Did you ever stop to realize that some of the most brilliant, most sought-after women in the world are not beauties?

Take a list of the world's greatest actresses and see whether or not they gained their places by reason of their abilities or because of their beauty.

The woman who lacks good looks should make up for that lack by the development of good qualities. Good taste in dress should be cultivated. She can be chic, dainty and by the selection of the right clothes often overcome her physical faults.

By cultivating a sense of the beautiful, she can appreciate, to a high degree, beautiful things. It is possible for her to have a beautiful voice. She can develop a grace of movement, a beautiful carriage that will be the envy of her more beautiful sisters.

And, above all, the plain girl or woman can cultivate a beautiful spirit which will cause her to stand out among her friends as a delightful person to be with at all times.

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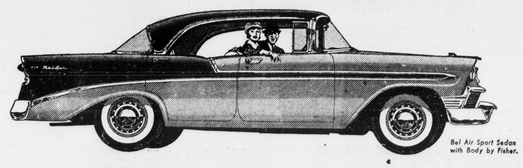

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